

Cub Scout Day Camp

Offers many experiences



Jer (left); Loa, holding guard dog PeeWee; Robert; and Dale (back)

"Dale, can you lead these boys in a song?" asks Cub Scout Day Camp Director Loa Cox of Hermiston at the start of the third day of the four-day "day camp" at the fairgrounds in Heppner last week.

"I got to get a drink of water," replies the 18 year old junior staff member.

"Are you teaching these boys something they shouldn't know?" chides the camp director who also happens to be Dale's mother. As he walks toward the dormitory building at the fairgrounds, she continues talking with the Cub Scouts seated on the ground about the day's scheduled activities.

While she is talking, Dale picks up a cap in the dorm, puts it on his head and walks back to the group. Just as his mother finishes explaining each Cub's responsibility in the opening flag ceremony, Dale looks at the boys, tilts his head to one side and begins to chant, "I like bananas, coconuts and grapes." As the Cubs join in, "I like bananas, coconuts and girls..." he snatches a cap from a head in the pack. The Cub reaches for and retrieves his cap while they repeat the phrase in unison(?) three times. By the time they end the song with voices which are intended to be heard in downtown Heppner, "That's why they call me Tarzan of the Apes." Dale is wearing three caps besides the one he started with.

And, this kind of banter continues throughout the day - before, after, and during quiet spots in activity sessions; which doesn't mean that camp is a bunch of goofing off. A lot is accomplished in the six-hour day. Scouting is so concentrated explains Loa, that the four days of day camp equal one year of den meetings and pack activities.

Loa is certified as a camp director by the Boy Scout Camp Council and the National Camp School Council. She attended Lutherhaven camp school in April of 1981 where she learned how to be a camp director and administrative director. She also attended Scouters' Mountain in February, 1982, which included training sessions and lectures from breakfast until dinner, and "then Scouting all night."

As soon as one year's camp ends, planning begins for the next year's day camp. First, the district meets to select a theme, next the camp director begins to plan the crafts, games and activities which will keep the boys occupied during the four days. Then starts the scrounging for supplies. Day Camp is self sufficient in its funding, says Loa, so the more supplies which are donated, the better the camp. Four years ago, her first year as director of the district's camp, one person donated supplies to the camp. "Last year, over 21 individuals and businesses donated supplies. I find that a general appeal for support isn't as effective as going to people and asking for specific items. One year an upholstery shop donated all sorts of scraps of naugahyde; another business donated scraps of paneling. These are items donated, not cash." She is certified as a camp director for two more years and says that as

long as the district lets her keep doing the camp, she will continue because, "It keeps me young."

"Scouting and especially Cub Scouting is family oriented. My kids say that I volunteer them and they grumble sometimes about the work involved in day camp, but they are disappointed when it's over."

Loa, who is a secretary in Hermiston says that "Cub Scouting is my vacation; and, like any vacation, we look forward to it. We all go and the boys look forward to seeing how the Cubs will react to the activities they have spent all year planning." She says she also brings along as many other kids as she can grab, to help with the "Tag-alongs"-children of the den mothers who also are volunteers, staff the camp.

Only two of Loa's four sons were able to be in Heppner the entire week this year: Robert, 12, who is a First Class Scout and Jer (Jeremiah), 9, who is working toward his Bear Badge in Cub Scouting.

Dale, a former den chief who has just earned his Eagle Scout award, was only able to attend the last two days of the Heppner day camp. He has a G.E.D. and is employed at a rendering plant in Hermiston. This was his fifth year as a day camp junior staff member, the fourth year at Heppner.

Allen, 16, who has earned his Life Badge and is den chief for his scout pack was unable to accompany the family this year.

"It distresses me a lot when parents use Scouting as a punishment," says Loa, "When a boy does

Half-marathon to benefit Grant Co. Special Olympic program

The seventh annual Strawberry Half (Fast) Marathon and Lone Pine 10K will be run on August 18, 1984 for the benefit of the Grant County Special Olympic program. The races are on a fast and scenic point to point course. The Half Marathon begins at Prairie City and ends in John Day Oregon. The 10K begins approximately at the mid-point of the half marathon and finishes at the same location. The course gently loses elevation (500 ft.) with a few small hills.

something wrong, they won't let him attend the Scout meeting. I'm always on the side of the boy, seeing that he has the opportunity to do all of the things Scouting has to offer. Scouting is growth in personality and ability. It's hard to develop a personality when you're told to shut up and sit down."

A successful day camp should attract 75 percent of the boys from a good active pack. Day camp is "fast" and full of activity, and could not be accomplished without the many volunteer staffers, both adult and junior members. "My goal is to see that the boys have no time to stop and say, 'Was it fun or am I tired?' They just go home and fall into bed."

"I have a habit," explains Loa, of when a boy walks up beside me and I'm busy with someone, I'll put my arm around him so he knows that I realize he's there. Some boys, who are otherwise not particularly outgoing, come each day for a 'hug.' That, and watching the boys grow, develop, become individuals, and achieve their goals is how she describes the payment she receives for being a camp director.

"I try to treat the boys with equal respect," she says. "They have ideas and if I want them to respect me, I have to respect them. They need a chance to advance and respect themselves."

The thing which she likes least about camp she says is that "it lasts so short a time and ends so quickly." The best part of day camp, though, is "that I know it will happen again next year."

The races begin at 7 a.m. Saturday August 18, and runners may register the evening before at the U.S. Bank in John Day. Ribbons and Plaques will be awarded, along with long sleeve T-Shirts. For further information contact Leonard Lake, Race Director; Box 96 Prairie City, Or. 97869; 820-4522; for more information.

Econo-Eating

By MONINE STEBBINS
OSU Extension Service

"I don't like buying bulk food. It's all that good-for-you stuff." I had to laugh at my new daughter. "Have you looked at bulk food lately?" I asked. Boy, have times changed. There still are a lot of good-for-you items, but if you're a junk food junkie, bulk foods are now for you, too.

In one bulk food display I found 34 candies, 10 cookies, and several snack foods such as cheese puffs, pretzels and tortilla chips. People were buying these snacks fast, too. One store manager named tortilla chips as one of their fastest selling items. That made me curious. Are they a lot less expensive?

With unit pricing labels on the shelves, it is very easy to compare the cost of the bulk foods with those sold in closed containers. The bulk food price for tortilla chips in three different stores was \$1.34 a pound. One cooperative store had them for \$1 a pound. When sold in the sack they were \$1.49 on sale and \$1.98 a pound for a house brand. The bulk price is quite a saving.

In fact, you may pay less money for many foods you buy. I checked a wide variety of foods and compared them to the cost of the packaged foods on the same supermarket shelves. You usually saved at least a third and often half of the cost if you bought grains from the bulk supply. Nuts varied. I found one case where walnuts were less expensive in the sacks than in the bulk.

The biggest differences in price between bulk and packaged goods was in the herbs and spices. Those little cans work out to be a fortune when compared to the bulk prices. Oregano leaves cost about \$5 a pound in the bulk, almost \$23 a pound in the little cans, and \$45 a pound in the fancy glass bottles. Another example is black pepper at \$2 a pound in bulk and \$6 in cans.

I have a little problem buying ready-to-eat snacks out of bins and barrels though, because I saw people reach in with their hands and take one to sample. There is a small safety hazard from this, as other chips are touched. I do serve chips to friends; sharing a common bowl, but somehow, in my finicky mind, there is a difference. As long as I can wash or cook it, I feel it's safer.

Besides price, there are at least two other advantages to buying bulk foods. You have more flexibility in the amount you buy. If you're trying a new recipe, you can buy a cup or two of some special item rather than a whole sack. Then you're not stuck with something you won't use.

The other advantage to bulk foods is that some of the foods sold in bulk are not available on the grocery shelves. Shelled filberts, a favorite of mine, are impossible to find in most grocery stores but available in some bulk food areas.

Bulk foods usually offer a wide assortment of whole grain products including whole wheat pastas, rolled wheat, wheat berries, rye flour and brown rice. All those "good-for-you" products my daughter was referring to. Black beans are also available, something that used to be impossible to find.

When I shop for bulk foods, I take a good look around. I check to see how clean the area looks. I also look to see how the containers are situated. Can the spills from one container drift into another? Are the scoops and tongs readily available? Are

foods that are likely to be tasted in containers that discourage tasting? There are some gravity flow containers that are great for ready to eat snack foods because you put your sack under the opening and pull a little lever. No one has access to touching anything but what they are going to buy.

Here are a couple of recipes using items available as bulk foods.

Barley Pilaff

1/2 pound fresh mushrooms sliced
1/2 cup butter or margarine
1 large onion, chopped
1 1/2 cups barley
4 cups bouillon, any flavor
Sauté mushrooms and onions in small amount of the butter or margarine. When tender put in 2 quart casserole. In the same pan cook barley in the remaining butter over low heat, stirring occasionally. When barley is light brown, add it to the casserole dish. Pour in the bouillon, stir, and bake covered at 350 degrees for 1 hour. Remove cover and bake another 20 to 30 minutes, until tender.

Oatmeal Raisin Bread

4 1/2 to 5 1/2 cups flour
one-third cup dark brown sugar
two-thirds cup dry milk powder
1 tbsp. salt
2 packages dry yeast

Motor Vehicles Division reports drunk-driving statistics

Nearly 32 percent of last year's 548 traffic victims had been drinking. When drivers alone are considered, that figure climbs to 54 percent of 328 drivers killed.

Those figures and others released recently by the Motor Vehicles Division continue to show why drinking drivers are considered a major highway safety problem, Department of Motor Vehicles officials said.

Most of the blood alcohol readings, taken by medical examiners and reported to the division, were well above the level at which a person is considered legally under the influence in Oregon. That level, which had been ten-hundredths of one percent, was lowered to eight hundredths of one percent (0.08) Oct. 15, 1983.

Evangelist to speak at Christian Life Center

The Rev. Ted Singleton will be the guest speaker at the 7 p.m. services this Wednesday, Thursday, and Friday at Christian Life Center.

Singleton is an evangelist from Lowell, Oregon, whose ministry has included evangelism and teaching.

2 (tblsp. butter or margarine
2 1/2 cups very warm water
(120-130 degrees)
2 cups oats
1 1/2 cups raisins

In a large mixer bowl, combine 1 1/2 cups flour, brown sugar, dry milk powder, salt and undissolved active dry yeast. Add margarine.

While mixing with the mixer, gradually add the hot water to dry ingredients and beat for two minutes at medium speed, scraping bowl occasionally. Add one cup flour, mix in and beat for an additional two minutes at high speed. Stir in the oats and enough additional flour to make a soft dough.

Turn onto floured surface and knead until smooth and elastic. Add flour as needed. Dough will be slightly sticky. Place dough in greased bowl and turn to coat. Cover and let rise until double. (About an hour).

If raisins are dry, add a small amount of water, heat almost to boiling, cover and set aside to plump.

Punch down. Knead in raisins. Divide in half. Shape into smooth balls and place on cookie sheet or place in loaf pans. Let rise. Bake 350 degrees for 30 to 40 minutes.

BAC (blood alcohol content) levels were even higher for drivers killed in traffic than for all victims. The latter includes passengers, pedestrians, bicyclists and motorcyclists killed in traffic.

Forty of the 90 young people under the legal drinking age who died in Oregon traffic last year had been drinking.

The statistics are published by the Motor Vehicles Division in a report titled, "The Role of Alcohol in Oregon Traffic Fatalities - 1983".

Stringer to speak at Chamber

Mark Stringer, Democratic candidate for Oregon State Senate will be the guest speaker at the Chamber of Commerce meeting next Tuesday, July 24. Stringer will be running against incumbent senator Eugene Timms in the November election.

There will be no Chamber of Commerce meeting Tuesday, July 31.

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July 20, 21, 22

Friday, July 20 Family Fun Night 7:30 p.m.

Queen coronation, cow-cutting exhibition, team roping, open barrel racing, kids' events (stick horse race, chicken scramble - calf scramble, rescue race, clothes race and & others) keg throwing contest open to Union Co. merchants.

Saturday, July 21 Marathon Run 8 a.m.

Kiddies' Parade 10 a.m.

PRCA Rodeo 7:30 p.m.

Sunday, July 22 Big Parade 11 a.m.

Queen's Luncheon following parade.

PRCA Rodeo 2 p.m. starting with suicide race.

Friday and Saturday night dances start at 9:00 p.m.

Music by 'Muddy Creek'

Friday, Saturday, Sunday Wild Horse Race & Merchants' Wild Cow Riding.

Downtown Flea Market Fri., Sat. & Sun. - Noon to 8 p.m.

— Art show at community center all three days.